

Mon



Tue

Wed

Thu

Fri

Sat



<p>Check out our website www.fairfaxva.gov Calendar subject to change updates will be posted on website and at Senior Center</p>		<p>Bold items on calendar are new sessions beginning or special events.</p>		<p>1  CENTER CLOSED</p>	<p>2</p>
<p>4 8am: Men's Coffee Group 9:30am: Bridge 1/ Contract/Duplicate 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 10:30am: Line Dancing – 8 wks 12 noon: NOVA Neighbors Bridge 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga – 6 wks 4pm: Art for Seniors</p>	<p>5 8am: Men's Coffee Group 10am: Canasta / Military History 1pm: Current Events 1pm-3pm: Pickleball 1pm Hospitality Meeting 2:20pm: Basic Barre – 6 wks.</p>	<p>6 8am: Men's Coffee Group 8:30am: Seniorcise TRIP: Horseshoe Casino 10am: Pinochle 12noon: Chess 1pm-3pm: Pickleball</p>	<p>7 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle / 10am: Mah Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3pm: Pickleball 2:15pm: Sit & Get Fit -6 wks. 2:30pm: Social Line Dancing-CX 1pm-4pm: Millennium Art Guild</p>	<p>8 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle / Bridge 1 10am: Grand Slam Bridge 10:30am: BINGO 12 noon: January Birthdays! 12noon: BP Checks-Ask A Nurse 1pm-3pm: Pickleball 1pm: Walking / 1:30pm: Euchre 1pm: Trip Committee Meeting 2:15pm: Stretch&Breathe Happy Hr.</p>	<p>9 * All Potluck Luncheons and Guest Speakers require advanced registration at the Green Acres Center Front Desk or call 703-273-6090</p>
<p>11 8am: Men's Coffee Group 9:30am: Bridge 1/ Contract/Duplicate 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm: Art for Seniors</p>	<p>12 8am: Men's Coffee 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1 pm: Current Events 1-3pm: Pickleball 2:20pm: Basic Barre 3pm: Beg Pickleball Lessons</p>	<p>13 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: MOVIE & POPCORN TRIP: German-American Heritage Museum 12noon: Chess 1pm-3pm: Pickleball</p>	<p>14 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10am: Mah Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 11:30am/11:45am: LUNCH BUNCH 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit & Get Fit 2:30pm: Social Line Dancing 3pm: Beg Pickleball Lessons</p>	<p>15 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle / Bridge 1 10am: Grand Slam Bridge 10:30am: BUNCO 11am: Dixon Hemphill: Getting Better with Age! 12 noon: Soup Festival 1pm: Walking/1pm-3pm: Pickleball 2:15pm: Stretch&BreatheHappyHr.</p>	<p>16 </p>
<p>18 CENTER CLOSED:  HOLIDAY</p>	<p>19 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History 10am: Canasta 11:30am: Easy Strength Training 1pm: Current Events / Pickleball 2:20pm: Basic Barre 3pm: Beg Pickleball Lessons</p>	<p>20 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle TRIP: Textile Museum 12noon: Chess 1-3pm: Pickleball</p>	<p>21 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge/Pinochle 10am: Fabric Fanatics / Mah Jongg 10am: Fairfax Antique Arts Assn. 10:30am: German Conversation 11:30am: Easy Strength Training 1-3pm: Pickleball 1-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit 2:30pm: Social Line Dancing</p>	<p>22 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle / Bridge 1 10am: Grand Slam Bridge 10am: 90s Club / 10:30am: BINGO 12noon: Senior Sub Lunch> 2/5 12noon: BP Checks-Ask A Nurse 1pm-3pm: Pickleball 1pm: Walking / 1:30pm: Euchre 2:15pm: Stretch&BreatheHappyHr.</p>	<p>23  Fitness Room Open Mon-Thur 8am-9pm, Fri 9am-5pm Sat & Sun 9am-2pm FREE for 55+ with card</p>
<p>25 8am: Men's Coffee Group 9:30am: Bridge 1/ Contract/Duplicate 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 10:30am: Line Dancing 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm: Art for Seniors 5-6pm: Vision Boards: Body Maps</p>	<p>26 8 am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1-3pm: Pickleball 2pm: Senior Council Meeting – 2/2 2:20pm: Basic Barre</p>	<p>27 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle TRIP: Riverside Dinner Theater – The Buddy Holly Story – 2/10 12noon: Chess 1pm-3pm: Pickleball</p>	<p>28 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am German Conversation 1:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit 2:30pm: Social Line Dancing</p>	<p>29 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi : Adv./ Beg. 9:30am: Pinochle / Bridge 1 9:30am: Cut Coupons for Military 10am: Grand Slam Bridge 10:30am: BUNCO 11am: Speaker Health Literacy: Communicating with your Doctor 1pm-3pm: Pickleball 2:15pm: Stretch&BreatheHappyHr.</p>	<p>30 .Personal Fitness Training Fees: ½ hr session \$20 Call for an Appointment: David Cohen, ACE CPR, AHFS 703-638-0172</p>

Mon	Tue	Wed	Thu	Fri	Sat
1 8am: Men's Coffee Group 9:30 am: Bridge 1 / Contract/Duplicate 9:30am: Beginner Bridge -6 wks 10am: Mah Jongg / Grand Slam Bridge 10:30am: Line Dancing 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm: Art for Seniors 5-6pm: Vision Boards: Body Maps	2 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm: Hospitality Committee Mtg. 1-3pm: Pickleball 2pm: Sr Council Mtg (reschedule) 2:20pm: Basic Barre	3 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle TRIP: The Spy Museum 12noon: Chess 1pm-3pm: Pickleball	4 8am: Men's Coffee Group 9:30am: Adv.Contract Bridge/Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 1-3pm: Pickleball 1-4pm: Millennium Art Guild 2pm: Srs Learn Spanish - 8 wks 2:15pm: Sit & Get Fit 2:30pm: Social Line Dancing	5 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:30am: Tai Chi: Adv./Beg 9:30am: Pinochle / Bridge 1 10am:GrandSlam/10:30am:BINGO 12noon: Senior Sub Lunch \$5 12noon: February Birthdays! 12 noon: BP Cks. & Ask A Nurse 1pm:Jewelry Design Workshop 1pm: Trip Comm./1-3pm Pickleball	6 **** All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703) 273-6090
8 8am: Men's Coffee Group 9:30am: Beginner Bridge class 9:30am: Bridge 1/ Contract/Duplicate 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 10:30am: Line Dancing 12 noon: NOVA Neighbors Bridge 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm: Art for Seniors	9 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm: 55+ Pickleball 2:20pm: Basic Barre 3pm: Beg Pickleball Lessons	10 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: MOVIE & POPCORN TRIP: Riverside Dinner Theater – The Buddy Holly Story TRIP: Mosaic District – Angelika Movie Theater - CX 12noon: Chess 1pm-3pm: Pickleball	11 8am: Men's Coffee Group 8:30am: Mar/Apr Trip Registration 9:30am: Adv.Contract Bridge/Pinochle 10am: Mah Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2pm: Learn Spanish 2:15pm: Sit & Get Fit 2:30pm: Social Line Dancing 3pm: Beg Pickleball Lessons	12 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle / Bridge 1 10am:Grand Slam Bridge 10:30am: BUNCO 11:30am:Valentine Party Potluck 1pm: Table Games / Walking 1pm-3pm: Pickleball	13 
15 HOLIDAY  CENTER CLOSED	16 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1-3pm: Pickleball 3pm: Beg Pickleball Lessons	17 8am: Men's Coffee Group 8:30am: Seniorcise TRIP: American Indian Museum 10am: Pinochle 12noon: Chess 1pm-3pm: Pickleball	18 8am: Men's Coffee Group 9:30am: Adv.Contract Bridge/Pinochle 10am: Mah Jongg 10am: Fairfax Antique Arts Assn. 10:30am: German Conversation 11:30am/11:45am: LUNCH BUNCH 11:30am: Easy Strength Training 1pm: Pickleball / Millennium Art Guild 2pm: Learn Spanish 2:30pm: Social Line Dancing	19 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle / Bridge 1 10am: Grand Slam Bridge 10:30am: BINGO 12noon: BP Checks - Ask A Nurse 12noon: Bring Sandwich& to Share 1pm: Walking 1pm-3pm: Pickleball	20 12:30-1:30pm: Exercise Equipment Orientation! Personal Fitness Training Call for an appointment: David Cohen:703-638-0172 ½ hr session \$20
22 8am: Men's Coffee Group 9:30am: Bridge 1/ Contract/Duplicate 9:30am: Beginner Bridge class 10am: Mah Jongg / GrandSlam 10:30am: DAY AT THE RACES 10:30am: Line Dancing 12 noon: NOVA Neighbors Bridge 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga / 4pm: Art class	23 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1-3pm: Pickleball 2pm: Senior Council Meeting 2:20pm: Barre Basics – 6 wks.	24 8am: Men's Coffee Group 8:30am: Seniorcise TRIP: Cresthill Antiques and Tea 10am: Pinochle 12noon: Chess 1pm-3pm: Pickleball	25 8am: Men's Coffee Group 9:30am: Adv.Contract Bridge/Pinochle 10am: Fabric Fanatics / Mah Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2pm: Learn Spanish 2:15pm: Sit & Get Fit – 6 wks. 2:30pm: Social Line Dancing	26 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Cut Coupons For Military 9:30am: Pinochle / Bridge 1 10am:Grand Slam Bridge/90s Club 10:30am: BUNCO 12:30pm: Mobile Device Wkshop 1pm-3pm: Pickleball 2:15pm: Stretch & Breathe Happy Hr.	27
29 8 am: Men's Coffee Group 9:30am: Beginner Bridge class 9:30am: Bridge 1/ Contract/Duplicate 10am: Mah Jongg/Crafts/GrandSlam 10:30am: Line Dancing 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga - make-up or \$5 4pm: Art for Seniors			Check out our website www.fairfaxva.gov Calendar subject to change updates will be posted on website and at senior center	Bold items on calendar are new sessions beginning or special events.	 Fitness Room Open Mon-Thur 8am-9pm, Fri 9am-5pm Sat & Sun 9am-2pmFREE for 55+ with card

CITY OF FAIRFAX SENIOR CENTER

March 2016




(703)273-6090

Mon	Tue	Wed	Thu	Fri	Sat
	1 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 1pm: Hospitality Committee Mtg. 2:20pm: Basic Barre	2 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <u>TRIP to be announced</u> 12noon: Chess 1pm-3pm: Pickleball	3 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 1pm- 3pm: Pickleball 1pm-4pm: Millennium Art Guild 2pm: Learn Spanish 2:15pm: Sit & Get Fit	4 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Pinochle / Bridge 1 10am: Grand Slam Bridge 10:30am: BINGO 12 noon: March Birthdays! 12noon: BP Checks-Ask A Nurse 1pm: Walk the Neighborhood 1pm: Trip Committee Meeting 1pm-3pm: Pickleball 2:15pm: Stretch & Breathe Happy Hr.	5 <p>Bold items on calendar are new sessions beginning or special events.</p>
7 8am: Men's Coffee Group 9:30am: Crafts 9:30am: Beginner Bridge class 9:30am: Bridge 1/ Contract/Duplicate 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga- 6 wks. 4pm: Art for Seniors	8 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball. 2:20pm: Basic Barre	9 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: MOVIE & POPCORN <u>TRIP to be announced</u> 12noon: Chess 1pm-3pm: Pickleball	10 8am: Men's Coffee Group 9:30am: Adv.Contract Bridge/ Pinochle 10am: Mah Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3 pm: Pickleball 1-4 pm: Millennium Art Guild 2pm: Learn Spanish 2:15pm: Sit & Get Fit 2:30pm: Social Line Dancing– 8 wks	11 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Beg Photography class 9:30am: Pinochle / Bridge 1 10am: Grand Slam Bridge 10:30am: BUNCO 11:30am: Speaker Cliff Blasius: Cremation –Everything to Know 12:30pm: Table Games 1pm: Walk the Neighborhood 1pm-3pm: Pickleball 2:15pm: Stretch & Breathe Happy Hr.	12 <p>**** All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703) 273-6090</p>
14 8am: Men's Coffee Group 9:30am: Beginner Bridge class 9:30am: Bridge 1/ Contract/Duplicate 10am: Mah Jongg/Crafts/Grand Slam 10:30am: DAY AT THE RACES 12 noon: NOVA Neighbors Bridge 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga	15 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12noon: Dementia for Caregivers 1pm: Current Events 1pm-3pm: Pickleball 2pm: Learn Spanish! NEW – 10wk 2:20pm: Basic Barre 3pm: Beg Pickleball Lessons	16 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <u>TRIP to be announced</u> 12noon: Chess 1pm-3pm: Pickleball	17 8am: Men's Coffee Group 9:30am: Adv.Contract Bridge/ Pinochle 10am: Mah Jongg 10am: Fairfax Antique Arts Assn. 10:30am: German Conversation 11:30am: St. Patrick's Day Potluck Party!  11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2pm: Learn Spanish 2:15pm: Sit & Get Fit 2:30pm: Social Line Dancing 3pm: Beg Pickleball Lessons	18 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Pinochle / Bridge 1 9:30am: Beg Photography class 9:15/10:15am: Tai Chi: Adv./Beg 10am: Grand Slam Bridge 10:30am: BINGO 12noon: BP Checks - Ask A Nurse 1pm: Walking 1pm-3pm: Pickleball 2:15pm: Stretch & Breathe Happy Hr.	19  <u>APPRAISAL EVENT:</u> 10am-12:30pm Stacy C. Sherwood Community Center \$5 admission with one appraisal; additional item \$5 (limit 3)
21 8am: Men's Coffee Group 9:30am: Bridge 1/ Contract/Duplicate 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing – 8 wks. 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm: Art for Seniors <u>Last week of March on April calendar</u>	22 8am - Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: AARP Smart Driver course 10am: Military History / Canasta 11:30am: Easy Strength Training 12noon: Dementia for Caregivers 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting 2:20pm: Basic Barre 3pm: Beg Pickleball Lessons	23 8am: Men's Coffee Group 8:30am: Seniorcise 10am: AARP Smart Driver course <u>TRIP to be announced</u> 12noon: Chess 10am: Pinochle 1pm-3pm: Pickleball	24 8am: Men's Coffee Group 9:30am: Adv.Contract Bridge/ Pinochle 10am: Mah Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3 pm: Pickleball 1-4 pm: Millennium Art Guild 2:15pm: Sit & Get Fit 2:30pm: Social Line Dancing	25 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Pinochle / Bridge 1 9:30am: Cut Coupons For Military 9:15/10:15am: Tai Chi: Adv./Beg 10am: Grand Slam Bridge 10:30am: BUNCO 1pm: Walking 1pm-3pm: Pickleball 2:15pm: Stretch & Breathe Happy Hr.	26 <p>Happy Easter ~ March 27</p> 

CITY OF FAIRFAX SENIOR CENTER

April 2016

(703)273-6090

Mon	Tue	Wed	Thu	Fri	Sat
<p>28 March</p> <p>8am: Men's Coffee Group 9:30am: Bridge 1/ Contract/Duplicate 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm: Art for Seniors</p>	<p>29 March</p> <p>8am - Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12noon: Dementia for Caregivers 1pm: Current Events 1pm-3pm: Pickleball 2:20pm: Basic Barre</p>	<p>30 March</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <u>TRIP to be announced</u> 12noon: Chess 1pm-3pm: Pickleball</p>	<p>31 March</p> <p>8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm- 4pm: Millennium Art Guild 2pm: Learn Spanish 2:15pm: Sit & Get Fit 2:30pm: Social Line Dancing</p>	<p>1 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle / Bridge 1 10am: Grand Slam Bridge 11:30am: Spring Potluck - April Fool's Day Party! 12noon: BP Checks - Ask A Nurse 1pm: Walk the Neighborhood 2pm: Trip Committee Meeting 2:15pm: Stretch & Breathe Happy Hr.</p>	<p>2</p> <p>Check out our website www.fairfaxva.gov Calendar subject to change updates will be posted on website and at senior center.</p>
<p>4</p> <p>8am: Men's Coffee Group 9:30am: Bridge 1/ Contract/Duplicate 10 :00am: Mah Jongg/Grand Slam 10:30am: Line Dancing 10:30am: DAY AT THE RACES 12 noon:Chess / NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm: Art for Seniors</p>	<p>5</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2:20pm: Basic Barre – 6 wks.</p>	<p>6</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <u>TRIP to be announced</u> 12noon: Chess 1-3pm: Pickleball</p>	<p>7 8am: Men's Coffee Group 9:30am: Adv.Contract Bridge/ Pinochle 10am: Mah Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm: Pickleball / Millennium Art Guild 2pm: Learn Spanish 2:15pm: Sit & Get Fit – 6 wks. 2:30pm: Social Line Dancing</p>	<p>8 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Adv Photography class 9:30am: Pinochle / Bridge 1 10am: Grand Slam Bridge 10:30am: BUNCO 12 noon: April Birthdays! 1pm: Walking 2:15pm: Stretch & Breathe Happy Hr.</p>	<p>9</p> 
<p>11</p> <p>8am: Men's Coffee Group 9:30am: Bridge 1/ Contract/Duplicate 10am: Mah Jongg/Crafts/Grand Slam 10:30am: Line Dancing 12 noon: NOVA Neighbors Bridge 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm: Art for Seniors</p>	<p>12</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History 10am: Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2:20pm: Basic Barre 3pm: Beg Pickleball Lessons</p>	<p>13</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: MOVIE & POPCORN <u>TRIP to be announced</u> 12noon: Chess 1-3pm: Pickleball</p>	<p>14 8am: Men's Coffee Group 9:30am: Adv.Contract Bridge/ Pinochle 10am: Mah Jongg 10am: Fairfax Antique Arts Assn. 10:30am German Conversation 11:30/11:45am: LUNCH BUNCH 11:30am: Easy Strength Training 1pm: Pickleball / Millennium Art Guild 2pm: Learn Spanish - 8 wks. 2:15pm: Sit & Get Fit 2:30pm: Social Line Dancing 3pm: Beg Pickleball Lessons</p>	<p>15</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Adv Photography class 9:30am: Pinochle / Bridge 1 10am Grand Slam Bridge 10:30am: BINGO 12noon: BP Checks - Ask A Nurse 1pm: Walking 2:15pm: Stretch & Breathe Happy Hr.</p>	<p>16</p>  <p>Fitness Room Open Mon-Thur 8am-9pm, Fri 9am-5pm Sat & Sun 9am-2pm FREE for 55+ with card</p>
<p>18 8am: Men's Coffee Group 9:30am: Bridge 1/ Contract/Duplicate 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 10:30am: Line Dancing 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga – 6 wks. 4pm: Art for Seniors</p>	<p>19 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1-3pm: Pickleball 2pm: Senior Council Meeting 2:20pm: Basic Barre 3pm: Beg Pickleball Lessons</p>	<p>20</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <u>TRIP to be announced</u> 12noon: Chess 1-3pm: Pickleball</p>	<p>21 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 1pm: Pickleball / Millennium Art Guild 2pm: Learn Spanish 2:15pm: Sit & Get Fit 2:30pm: Social Line Dancing</p>	<p>22 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle / Bridge 1 10am Grand Slam Bridge 10:30am: BUNCO 1pm: Walking 2:15pm: Stretch & Breathe Happy Hr.</p>	<p>23</p> <p>Personal Fitness Training Call for an appointment: David Cohen:703-638-0172 ½ hr session \$20</p>
<p>25 8am: Men's Coffee Group 9:30am: Bridge 1/ Contract/Duplicate 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm: Art for Seniors</p>	<p>26</p> <p>8 am: Men's Coffee Group 9:30am: Mexican Train 10am: Military History / Canasta 1:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2:20pm: Basic Barre</p>	<p>27</p> <p>8am: Men's Coffee Group 10am: Pinochle <u>TRIP to be announced</u> 12noon: Chess 1-3pm: Pickleball</p>	<p>28 8am: Men's Coffee Group 9:30am: Pinochle / 10am: Mah Jongg 1pm-3pm: Pickleball 1pm- 4pm: Millennium Art Guild 2pm: Learn Spanish 2:15pm: Sit & Get Fit 2:30pm: Social Line Dancing</p>	<p>29 8am: Men's Coffee Group 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle / Bridge 1 9:30am: Cut Coupons For Military 10:30am: BINGO 10am Grand Slam Bridge 1pm: Walking 2:15pm: Stretch & Breathe Happy Hr.</p>	<p>30</p> 

Young at Heart Senior Center
4401 Sideburn Road
Fairfax, VA 22030

Join us at the Senior Center

Learn something new and have some fun!

Call the center for details

703 273 6090

AMERICANS WITH DISABILITIES ACT

The City of Fairfax is committed to making reasonable accommodations as required by the Americans with Disabilities Act. To request a reasonable accommodation for any type of disability, call 703.385.7858